

FAMILY ACTIVITY KIT

8 LESSONS FOR BUILDING
FORTITUDE AND RESILIENCE



**SPIRITUAL
FIRST AID™**

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Spiritual First Aid
Wheaton, Illinois
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INTRODUCTION

This Family Activity Kit was designed to equip families with tools and practices to help navigate life's challenges with fortitude (courage and strength) and resilience (the ability to cope or adapt).

During times of distress, research shows that simple actions and practices can make a big difference in our minds, bodies, and emotions. And because God helps us when we call on Him, reading scripture, praying, and worshipping together provide hope and peace for our anxious hearts.

For each activity, we've provided simple instructions. Feel free to make the activities your own by adding your creativity and personalities to the mix. Also, depending on the ages of your children, you may want to use different verbiage and explain phrases to them using your own words.

We pray this kit not only helps you develop more fortitude and resilience but also draws you and your family closer as you make meaningful memories together.

Blessings,

A handwritten signature in black ink, reading "Jamie Kent". The signature is written in a cursive, flowing style.

Jamie Aten, Ph.D. & Kent Annan, M.Div.
Co-Founders of Spiritual First Aid

Weekly

LESSONS

Each lesson centers on one action, belief, or quality which can help us develop fortitude and resilience during times of stress.

GRATITUDE

FOCUSING ON
WHAT'S GOOD IN
LIFE AND BEING
THANKFUL FOR
WHAT YOU HAVE.



hope

The confident expectation
of what God has promised.

TRUST

Having an assurance that
leads to action.



COMPLETE
TRUST OR
CONFIDENCE
IN GOD.

presence

Being in company near or
before the face of another.



PRAYER

A DEVOUT
PETITION OR
CONVERSATION
WITH GOD.



HUMILITY

SEEKING TO BUILD
OTHERS UP RATHER
THAN YOURSELF.



peace

Resting in the
knowledge that
God is with you.



GRATITUDE

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. - Colossians 3:15

This 5-4-3-2-1 grounding practice incorporates all five senses, heightening awareness of God's presence and creating space for quiet contemplation and gratitude. Biblical support for using grounding techniques can be found in several passages of scripture. Colossians 3:15 encourages us to let the peace of Christ rule in our hearts. Isaiah 26:3 reminds us that God will keep us in perfect peace when we trust in Him. 1 Thessalonians 5:18 encourages us to give thanks in everything. When we take time to be still in God's presence and focus on the many blessings in our lives, we can have peace even in the midst of adversity.

ACTIVITY

Find a quiet and comfortable place where you can sit or stand. Take a few deep breaths and quiet your mind.

Name 5 things you can see around you. Take a moment to thank God for the gift of sight and for the beauty of His creation.

Name 4 things you can touch. Thank God for the gift of touch and how it connects you with the world around you.

Name 3 things you can hear. Thank God for the opportunity to experience His creation in this way.

Name 2 things you can smell. Inhale deeply, thanking God for the many ways he allows us to experience His creation.

Name 1 thing you can taste. Thank God for the gift of taste and the nourishment it provides for your body.



PRAYER: Lord, I'm grateful for my five senses. Through them, You remind me of Your caring presence and creativity. Thank You for all the ways You bring joy to my life.

HOPE

No one who hopes in you will ever be put to shame. – Psalm 25:3

The Bible provides numerous examples of God's faithfulness and provision that we can draw upon. For instance, Philippians 4:19 states, "And my God will meet all your needs according to the riches of his glory in Christ Jesus." Isaiah 41:10 says, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Psalm 46:1 also reminds us, "God is our refuge and strength, an ever-present help in trouble." These and many other verses can serve as powerful reminders of God's love and grace in our lives.

ACTIVITY

Find (or make) a box that has meaning for you, such as one with a favorite Bible verse or an image that inspires hope.

Gather items that remind you of God's love and faithfulness. It can be a Bible verse, a drawing, a nature item, or anything that holds meaning for you.

Add items that bring you joy and comfort—photos of loved ones, inspirational quotes, or mementos that remind you of happy memories.

Include practical tools that can help you cope with stress, such as stress balls, fidget toys, essential oils, a journal, or a calming playlist.

Take time each day to spend a few minutes with your hope box. Choose one item to reflect on or use as a source of encouragement.

Use your hope box as a reminder of God's presence in your life, and as a source of hope and inspiration during difficult times.



PRAYER: Thank you, God, that I always have hope because You have promised to never leave or forsake me. I am grateful for Your strength and help during times of difficulty,

TRUST

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6-7

This "stop and trust" technique helps to manage stress and anxiety and allows us to refocus on God's promises and presence. We can use this technique to match our thoughts with biblical principles, such as Philippians 4:6-7, which encourages us to pray and give our worries to God. By stopping and trusting, we focus our minds on God and find peace and rest in His loving arms.

ACTIVITY

Find a quiet and peaceful place where you won't be disturbed. Take some deep breaths and allow your mind to quiet down.

Picture a stop sign. It can be any color or size you like. Think about how the stop sign is a symbol of God's power and authority in your life.

Picture a car stopping at the sign. Just as a stop sign commands vehicles to halt, so too can God command stress and anxiety to cease in your life.

Take several slow, deep breaths, then slowly exhale. Imagine yourself releasing any stress, anxiety, or negative thoughts.

Now, visualize the word "STOP" and use it to guide you in prayer:
Surrender your stress and worries.
Thank God for his love and provision.
Open your heart to receive God's peace and comfort.
Pray for God's guidance and wisdom to handle any challenges that may come your way.



PRAYER: Lord, thank You for Your peace that comforts me when I am anxious. I place my worries and fears in Your hands, knowing You will take care of them (and me).

FAITH

But as for me and my household, we will serve the Lord. – Joshua 24:15

The Bible frequently emphasizes the importance of family and the generational impact of our actions and beliefs. In Deuteronomy 6:6-7, God commands parents to teach their children about His ways and to pass down their faith from generation to generation. Similarly, Psalm 78:5-7 reminds us to tell the coming generations about God's works and His commandments. By building a spiritual family tree, we can better understand the generational patterns and influences that have shaped our own faith journey. More importantly, we can grow spiritually.

ACTIVITY

Gather information about your family's spiritual history, including their religious beliefs, practices, and experiences.

Draw a family tree, including as much information as possible about each family member's spiritual history (any significant life events related to faith).

Use symbols or colors to represent your family's spiritual history, such as different denominations or types of spiritual experiences.

Reflect on patterns and themes that emerge, and consider how these patterns have influenced your own spiritual beliefs and practices.

Pray over your spiritual family tree, asking God to reveal any areas of spiritual brokenness or generational patterns that need to be addressed.

Use your spiritual family tree as a tool for spiritual reflection and growth.



PRAYER: Heavenly Father, thank You for the generations who came before us. Even though not all of those in our family tree were faithful, we know that each person was and is a part of our story. Help us to be a family who models generosity and sacrificial love as we follow You.

PRESENCE

Be still, and know that I am God... – Psalm 46:10

The practice of being present can not only help us reduce distress but also bring us closer in our connection to God. Physically and emotionally, practicing being present can include monitoring breath, mindful engagement with your senses, or pausing distractions to refocus. Consider Psalm 46:10 above. When we cultivate awareness of the present moment, we become more attuned to God's presence and can more readily experience His peace that surpasses all understanding.

ACTIVITY

Find a quiet and comfortable place where you can sit or stand. Take a few deep breaths and quiet your mind.

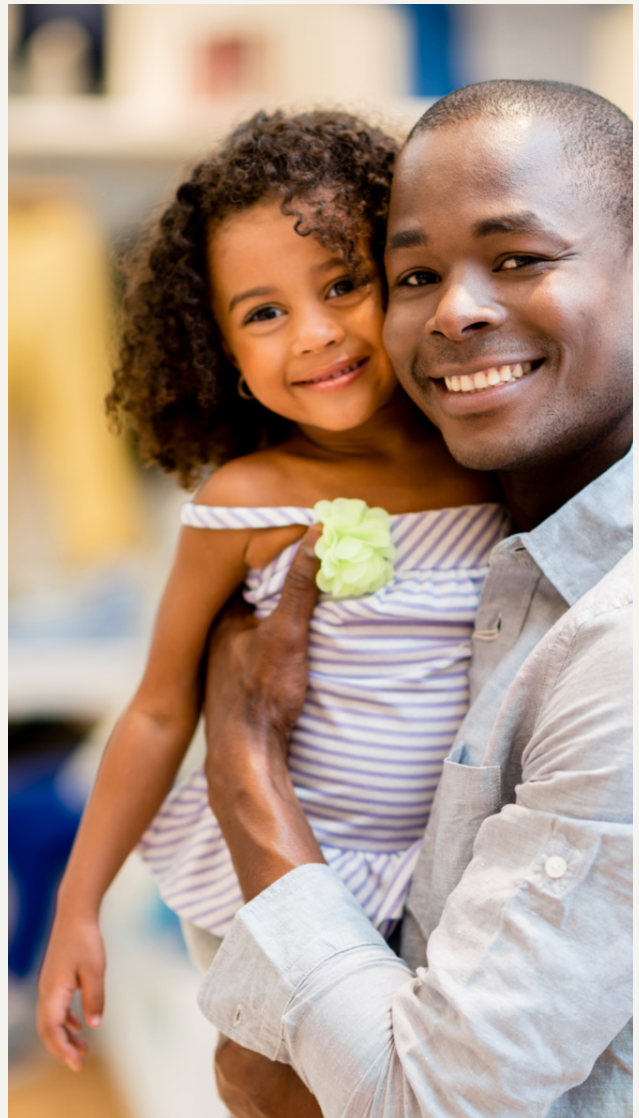
Notice your thoughts, feelings, and physical sensations without judgment. Simply see them as they come and go.

Bring your attention to your surroundings and engage with your senses. Notice the colors, textures, smells, sounds, and tastes around you.

Take a few moments to thank God for the beauty and wonder of His creation. Connect with God through prayer, scripture, or contemplation.

Bring your attention back to your breath and notice the sensation of air moving in and out of your body. If your mind wanders, reset and bring it back.

Spend a few more moments in stillness and silence, connecting with God and grounding yourself in the present moment. Slowly open your eyes.



PRAYER: Dear God, thank You for giving us breath in this moment. We know that each minute is a gift from You. Help us to focus on You, especially in the midst of a busy day.

PRAYER

Pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. – 1 Thessalonians 5:17-18

A prayer walk is a powerful way for us to connect with God. The Bible provides several examples of individuals who prayed while physically walking or moving. For example, in 2 Chronicles 6:21, King Solomon prayed while standing before the altar in the temple. Additionally, the Bible emphasizes the importance of intercessory prayer for the well-being of communities and nations, such as when Abraham prayed for the cities of Sodom and Gomorrah (Genesis 18:20-33). By engaging in prayer walks, Christians can follow the examples of biblical figures and seek God's guidance and provision for the communities and places they encounter.

ACTIVITY

Start with a humble heart. Begin your prayer walk by thanking God for the opportunity to pray and be a part of His work in the world.

Plan and prepare. Choose a location or community to walk through, and consider the time of day, weather, and any potential safety concerns.

As you walk, pray for the needs of the people and places around you. Use Scripture as a guide, and ask the Holy Spirit to reveal specific areas of need.

Be open to the Holy Spirit's leading. Look for opportunities to interact with people and share God's love through words and actions.

When you have completed your prayer walk, reflect on your experience and give thanks to God for His faithfulness and provision.

Consider ways to continue to pray for the community and take action to address any specific needs or concerns that you have encountered.



PRAYER: Thank you, Lord, for the gift of living in Your world and participating in the work You are doing on earth. Today we pray specifically for the needs that come to mind and bring all our concerns to You. Remind us of Your faithfulness and provision.

HUMILITY

Serve one another humbly in love. – Galatians 5:13b

The Bible teaches that humility is an essential trait for us to cultivate (James 4:6), and that God opposes the proud but gives grace to the humble (1 Peter 5:5). Jesus modeled humility throughout His life and ministry, teaching that those who exalt themselves will be humbled, but those who humble themselves will be exalted (Matthew 23:12). The Apostle Paul also emphasized the importance of humility, urging Christians to consider others as more important than themselves (Philippians 2:3) and to serve one another with love and humility (Galatians 5:13). Research shows that it can also be a powerful tool for reducing distress. This activity will outline practical steps for using humility to partner with God and overcome distress.

ACTIVITY

Recognize your limitations:
Acknowledge that you are not perfect
and that you have weaknesses and
flaws.

Practice gratitude: Cultivate a spirit of
thankfulness by focusing on the good
things in your life.

Practice forgiveness: Forgive others
who have wronged you, and seek
forgiveness from those you have
wronged.

Serve others: Look for ways to serve
and help others without seeking
recognition or reward.



PRAYER: God, we know that every gift we have and skill we practice is from You. Thank You for Your faithfulness and provision, and remind us of our own humanity. Lead us to follow Your will in the midst of our own weaknesses and pride. We give it all to You.

PEACE

Stop striving and know that I am God; I will be exalted among the nations, I will be exalted on the earth. – Psalm 46:10

Christian guided imagery is a technique that involves the use of mental images to promote relaxation, decrease stress and anxiety, and enhance spiritual awareness. By focusing on positive and uplifting biblical scenes, individuals can experience a sense of peace and connectedness to God. The Bible provides several examples of guided imagery, such as Psalm 23, which describes God as a shepherd guiding us through green pastures and still waters. Isaiah 40:31 also describes those who wait on the Lord as being able to "mount up with wings like eagles" and "run and not be weary." This technique is supported by empirical research and can be used as part of a comprehensive Christian approach to stress management.

ACTIVITY

Find a quiet and comfortable place where you can sit or stand. Take a few deep breaths and quiet your mind.

Begin with prayer to invite the Holy Spirit's presence to guide and bless the imagery exercise. Take a few deep breaths to relax and center yourself.

Set your intention for the guided imagery exercise, such as to release stress and anxiety, find inner peace, or connect with God.


Visualize a calming scene, such as a peaceful beach, a quiet forest, or a tranquil lake. Use your senses to engage and make it feel as real as possible.

Invite God to join you in the scene and guide you through the imagery exercise, and release stress and negative emotions from your body and mind.

Visualize God's love filling you up, or imagine being wrapped in God's arms, feeling safe and loved. End the guided imagery exercise by giving thanks to God.



PRAYER: Dear Jesus, thank You for leaving Your Holy Spirit with us and for the peace You provide. Help us to release our anxiousness or worried thoughts and rest in Your love for us.



**MAY THE GOD OF
HOPE FILL YOU
WITH ALL JOY AND
PEACE AS YOU
TRUST IN HIM, SO
THAT YOU MAY
OVERFLOW WITH
HOPE BY THE
POWER OF THE
HOLY SPIRIT.**

Romans 15:13

Get Certified in Spiritual First Aid to
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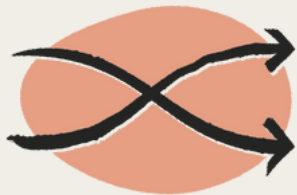
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TRAUMA-INFORMED

TRAUMA IS COMPLEX. HELPING DOESN'T HAVE TO BE.

Spiritual First Aid is a biblically-informed, evidence-informed, trauma-informed, and peer-to-peer frontline spiritual and emotional care intervention and training program structured around the BLESS CPR helping framework.



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